

# PHYLLIS A. ERNST Senior Center

Recreation & Parks  
Department  
3810 Veterans Memorial Drive  
Hilliard, Ohio 43026  
(614) 876-0747  
8 a.m. – 4 p.m.

VOLUME 35, NO. 1  
FEBRUARY – MARCH 2014  
[www.hilliardohio.gov](http://www.hilliardohio.gov)



# PLAY!

REAL PEOPLE. REAL POSSIBILITIES.



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## Membership Renewal

Memberships are valid for a period of 12 months. A renewal form is available in the office. Memberships are \$15. Complimentary memberships are provided to those 90 years of age and older.

## Hilliard grad comes back home to work and play!

Kristan Turner has been a resident of Hilliard for 29 years. She has worked for the City of Hilliard for 14 years. She worked as a seasonal employee at the Hilliard Family Aquatics Center, part-time at the Hilliard Community Center, and full-time as a 911 dispatcher for the Hilliard Police Department. She has returned full-time as a Recreation Supervisor at the Recreation and Parks Department.

Kristan graduated from

Hilliard Darby High School in 2003 and continued her education at Ohio Dominican University. She graduated in 2007 with a Bachelor of Arts Degree in Criminal Justice.

In her spare time, she enjoys spending time with her family (especially niece Molly and nephew Trey), scrapbooking, photography and traveling the world. Kristan and her husband Ryan have been on 11 cruises together.



## WHAT ELSE CAN YOU TELL US?

### Were you named after someone?

**Kristan Turner, Staff:** I was not named after anyone, although my middle name is the same as my Mom and my Grandpa.

**Shirley Culverhouse, Member:** Shirley Temple

**Lucie Surzi, Volunteer:** No

### Do you still have your tonsils?

**Kristan:** No; they were taken out when I was 3 years old

**Shirley:** No

**Lucie:** No

### What is your favorite lunch meat?

**Kristan:** Salami

**Shirley:** Hard salami

**Lucie:** Genoa salami

### What is your favorite cereal?

**Kristan:** Fruit Loops

**Shirley:** Cinnamon Crunch

**Lucie:** Fruit Loops

### Do you untie your shoes when you take them off?

**Kristan:** I leave them tied

**Shirley:** Definitely

**Lucie:** No

# NEWS & NOTES

## Senior Center Newsletter

VOLUME 35, NO. 1  
FEBRUARY – MARCH 2014

### Registration

Sign up for all February and March programs in person at 9 a.m. on Tuesday, Jan. 14. We begin taking call-in reservations at 1 p.m. You may also register and renew your membership online at hilliardohio.gov. Let us know if you need us to email your username and password.

### Center Closings

The center is closed on Monday, Feb. 17.

### Winter Weather Policy

If Hilliard City Schools cancels due to the weather, all of the programs and activities at the Recreation and Parks Department are canceled. Please don't risk driving or walking in poor or hazardous weather conditions. Remember, side streets and parking lots are often the last to be cleared!

### PLAY! Program & Activities Guide

For additional information on daily programs pick up a Spring/Summer Program and Activity Guide.

### Blue Splash Special

Pool passes go on sale for a discounted rate Jan. 3-March 18. Renew your pass online if you had one in the past or purchase a pool pass at the Phyllis A. Ernst Senior Center or community center.

### Update concerning the Hilliard Park Café for 2015

Beginning in January 2015

In order to maintain the quality of the lunch menus, it is necessary to increase the cost of each meal from \$4 to \$5. Guest fees will be \$7. Meal tickets are still available and may be purchased at the following rates, 6 meals for \$29 or 12 meals at a cost of \$58. You may still make payments with cash, check, Visa, Discover or Mastercard. Thank you for your understanding and continued support of the Phyllis A. Ernst Senior Center.

— Steve Mazer, Director

Hilliard Recreation and Parks Department

### Library

We have a library available with a wide selection of books, movies, books on tape, and puzzles. Computers and printers are also available for your use. Please stop in and enjoy the library.

### Coupon Clippers

Volunteers clip donated coupons and file them in a box located at the center on the coffee bar. Please feel free to stop in and select coupons that are of use to you. A second box is available for depositing coupons you are not going to use.



### Crafts for Sale

Please take the time to browse the many wonderful creative crafts for sale in the lounge. The Wednesday crafters have been busy creating all kinds of items from American Girl Doll Clothes to aprons to wreaths and much more.

## ACTIVITIES & SPECIAL EVENTS

### Game Night

Get together for snacks, cards, puzzles, games and other social activities the first and third Thursday from 5:30-8 p.m.

- Thursdays, Feb. 6, 20, March 6 and 20
- \$2, payable the night of

### Prayer Luncheon

An area minister presents a short message after lunch. Reservations due Thursdays.

- Fridays, Feb. 28 and March 28
- Noon; \$4

### Bingo

Join us on Thursdays as Bingo is sponsored by area businesses, including Darby Glen, Mill Run Care Center, Mayfair Village and more.

- Thursdays, 1 p.m.; \$2

### Happiness Club

Reservations due by noon the Tuesday prior. Call Joy Hoffman at 614-876-6694 to reserve, cancel or if you have a question. The cost of the meal is \$5, for which you are responsible if you register.

- Friday, Feb. 14 and March 14

### Taxes

The volunteers from AARP are here on Mondays, Tuesdays and Wednesdays from 9 a.m.-3 p.m. Please call 876-0747 to schedule an appointment.



What are you waiting for?  
**Join in!**

# ACTIVITIES & SPECIAL EVENTS



## President's Day Luncheon

President's Day recognizes two great leaders, George Washington and Abraham Lincoln, as well as the contributions made by every American president. Celebrate President's Day today at lunch by learning some fun facts on the first families and pets.

- Tuesday, Feb. 18, noon; \$4

## St. Patrick's Day Luncheon

Wear your green for our Irish Celebration, as everyone is a little bit Irish today! We are cooking the traditional meal of corned beef, cabbage, potatoes, carrots, soda bread and dessert.

- Wednesday, March 19, noon; \$4

## Poker Keno

Mayfair Village is sponsoring Poker Keno.

- Thursday, Feb. 27 and March 27, 10 a.m., free

## Cooking for 1 or 2

Presented by Melissa McKenzie of Darby Glen Rehabilitation. Melissa demonstrates how to cook healthy for one or two people. Class size limited. Classes offered the second Monday of each month.

- Monday, Feb. 10 and March 10, 11:30 a.m.; free

## Metro Parks Reptiles

**Live Reptiles and Amphibians:** Learn about Ohio's snakes, turtles, frogs and salamanders. Explore their special characteristics with live animals.

- Wednesday, Feb. 26, 1 p.m.; free

## Steven Roush, Esq.

Free elder law consultations, sign up for a 30-minute consultation. First Tuesday of the month.

- Tuesdays, Feb. 4 and March 4, 9 a.m.-noon; free

## Praneeta Dholakia, Certified Wellness Consultant

Sign up for a 15-minute health consultation.

- Tuesday, Feb. 4, 9-11:30 a.m.; free

## Jeopardy

Moved to Wednesday's starting in February. Lisa from Etna hosts this fun game on the third Wednesday of each month.

- Wednesdays, Feb. 19 and March 19, 1 p.m.; free

## Potluck Lunches

Must sign up and provide covered dish or dessert. Please bring your own silverware and plates. Senior center provides iced tea and coffee.

- Monday, Feb. 3 and March 3, noon; \$1

We have lots in store the next few months. Check out all of the offerings!



## Chocolate Making Class

Tom English from Schokolad Chocolate Factory in Upper Arlington demonstrates his chocolate making techniques and give samples for you to taste. Schokolad Chocolate Factory (*pronounced shaq-oh-LAD*) is one of the truly custom retail chocolate boutiques in the business. Their chocolates are "Made Fresh on Premises" using a tried and true three-generation European style family recipe that calls for the highest quality ingredients and attention to design detail.

- Thursday, March 13, 1 p.m.; free

## Carriage Court Dine & Discover

Carriage Court hosts this luncheon on the third Friday of the month and provides an informative speaker after lunch.

- Friday, Feb. 21 and March 21; free

## Jewelry Making Class

All supplies are provided. This class is taught by Katie Edgington and Navi Kandula from The Laurels of Hilliard on the fourth Thursday of each month. Please register.

- Thursday, March 27, 1 p.m.; free

## 90th Birthday Party

Help us celebrate with cake, ice cream and entertainment our members 90 years of age and older birthdays!

- Monday, March 31, 1-3 p.m. Free to those 90 and older, \$3 others



# COMPUTER CLASSES



## Google Mania

**Sessions:** Consists of 2 separate two-hour sessions.

**Prerequisite:** Internet Basics or equivalent knowledge. A Google account is helpful but not necessary.

**Equipment:** Bring your own laptop or work on our computers.

**Handout Provided:** All participants receive a booklet outlining class materials.

**Class Description:** Attendees learn how to utilize Google's hidden tools to find anything from the best place to shop for an item you want to buy, the latest news headline, as well as tracking your favorite stocks in real time. These Google tips and tricks can be used to find just about anything you want on the web quickly and easily! Then join us for the second part and see the many things Google offers to help you with your everyday life. You learn how to use tools that include viewing, storing, and editing your documents, and a calendar, all of which are available for quick access from any device that has an internet connection. You also learn how to get turn-by-turn driving directions that also show what your destination looks like to help you find it easier.

- Tuesdays, Jan. 28 and Feb. 4

## Amazon.com: Buying Baubles, Books, Music & Video

**Sessions:** Consists of 2 separate two-hour hands-on class.

**Prerequisite:** Internet Basics or equivalent knowledge. An Amazon.com member account is helpful but not necessary

Sessions meet Tuesday  
from 10 a.m.-noon and are  
\$44 for two-part classes  
and \$22 for one-part  
class. Advanced  
registration required.

## Amazon.com: Continued

**Equipment:** Bring your own laptop, work on our computers, or just sit back and watch the instructor demonstrate.

**Handout Provided:** All participants will receive a booklet outlining class materials.

- Tuesdays, March 11 and 18

## Skype

**Sessions:** Consists of a single two-hour lecture, which is hands-on for students.

**Prerequisite:** No prior experience is required. A Skype account is helpful but not necessary.

**Equipment:** Bring your own laptop, work on our computers or just sit back and watch the instructor demonstrate.

**Handout Provided:** All participants will receive a booklet outlining class materials.

**Class Description:** This class demonstrates the benefits and features of Skype, a free and easy to use video conferencing software. Participants learn to search and add friends to your Skype account. Then how to place video "calls" to people using Skype for free!

- Tuesday, March 25

## Facebook Basics and Safety

**Sessions:** Consists of 2 separate two-hour sessions.

**Prerequisite:** Internet Basics or equivalent knowledge.

**Equipment:** Bring your own laptop, work on our computers or just sit back and watch the instructor demonstrate.

**Handout Provided:** All participants receive a booklet outlining class materials.

**Class Description:** Facebook allows users to connect with family and friends in lots of fun and exciting ways. Participants learn to create an account, find and add friends and family members, share photos, post messages and join (or "like") groups of interest. The second session includes an overview of the Facebook security settings and gives recommendations on how to use Facebook more securely.

- Tuesdays, Feb. 11 and 18

## Pinterest: Collecting & Organizing the Things You Love

**Sessions:** Consists of 2 separate two-hour hands-on class.

**Prerequisite:** Internet Basics or equivalent knowledge. A Pinterest member account is helpful but not necessary

**Equipment:** Bring your own laptop, work on our computers, or just sit back and watch the instructor demonstrate.

**Handout Provided:** All participants will receive a booklet outlining class materials.

- Tuesdays, Feb. 25 and March 4

# COMPUTER CLASSES CONTINUED

## Introduction to Microsoft Word

**Sessions:** Consists of 2 separate two-hour sessions.

**Prerequisite:** Computer Basics or equivalent knowledge.

**Handout Provided:** All participants receive a booklet outlining class materials.

**Class Description:** Participants learn how to create new documents, edit documents, change font sizes, shapes, alignment, and more. Participants also learn to save and retrieve Word documents effectively. This class is perfect for the person who has been hesitant to get started in Microsoft Word.

- Tuesdays, April 1 and 8

## Microsoft Word – Beyond the Basics

**Sessions:** Consists of 2 separate two-hour sessions.

**Computers:** Bring your own laptop or work on one of ours.

**Prerequisite:** Introduction to Microsoft Word or equivalent knowledge.

**Handout Provided:** All participants will receive a booklet outlining class materials.

**Class Description:** These sessions provide hands on experience while participants expand upon the basics of Microsoft Word. Participants continue learning by inserting pictures and borders into documents to create professional looking fliers. Participants also learn to insert and manage bullets and numbers to create lists of items. Saving and retrieving documents are reviewed. Finally, participants learn keyboard shortcuts and mouse tricks to copy and paste text quickly and easily within a document or between documents.

- Tuesdays, April 15 and 22



# FRIDAY FLICKS

## Friday, Feb. 14 – Captain Phillips – PG-13 – Tom Hanks

The myriad effects of globalization are seen through this examination of the true story of the 2009 hijacking of the U.S. container ship Maersk Alabama by a crew of Somali pirates. The film focuses on the relationship between the Alabama's commanding officer, Captain Richard Phillips, and the Somali pirate captain Muse, who takes him hostage. The two men are set on an unstoppable collision course when Muse and his crew target Phillips' unarmed ship, and in the ensuing standoff, 145 miles off the Somali coast, both men find themselves at the mercy of forces beyond their control.

## Friday, Feb. 28 – The Butler – PG-13 – Lee Daniels

The story of a White House butler who served seven American presidents over three decades is recounted. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man's life and family.

## Friday, March 14 – Rush – Rated R – Ron Howard Director

Set against the sexy and glamorous Golden Age of racing, the film portrays the exhilarating true story of the charismatic James Hunt and the methodically brilliant Niki Lauda, two of the greatest rivals the world of sports has ever witnessed. Taking us into their personal lives and clashes on and off the Grand Prix racetrack, the two drivers are followed as they push themselves to the breaking point of physical and psychological endurance, where there is no shortcut to victory and no margin for error.

## Friday, March 28 – Blue Jasmine – PG 13 – Woody Allen Director

Jasmine is a privileged New York City housewife whose husband showers her with jewels but neglects her emotionally. She goes to San Francisco to stay with her sister Ginger, who encourages her to find a job of her own and start over. But Jasmine's nerves are shot, and as the pressures of her life mount, her fragile hold on reality begins to crumble.



Real People. Real Possibilities.

# EXCURSIONS

## Local Shop

The center bus picks you up at your home if you live in the City of Hilliard and departs from the center at 11 a.m. on Fridays; \$2. Please call in advance to make a reservation. A few of the dates are changed due to conflicts.

- Feb. 14: Walmart (due to bus trip on Feb. 7)
- Feb. 28: Meijer (due to bus trip on Feb. 21)
- Mar. 7: Kroger
- Mar. 21: Giant Eagle

## Home and Garden Show

Whatever's on your home-improvement list — inside or out — you'll be able to find it when Scioto Valley presents the Columbus Dispatch Home & Garden Show at the Ohio Expo Center. There, you can meet one on one with HUNDREDS of pros who can tackle your next project, or help you do it yourself.

- Thursday, Feb. 27, 11:30 a.m.; \$3 at signup and \$12 day of show

## Scioto Downs Racino

\$15 free play \$7.99 Lunch Buffet  
Thrills await you at Columbus' total entertainment destination. With more than 2,100 of the most popular games spread out over a spacious and comfortable gaming floor, you're sure to find the game for you! Jackpot Party, Sex and the City, Tarzan, Michael Jackson and Wheel of Fortune are just a few of the exciting game themes waiting for you at Scioto Downs.

- Wednesdays, Feb. 5 and March 12, 9:30 a.m.; \$4, plus lunch OYO at Racino

## Alice in Wonderland: Ballet Met

Follow Alice down the rabbit hole into a world where tea with the Mad Hatter, croquet with the Queen, and square-dancing with lobsters is simply par for the course. Whether you're big or you're small — or sometimes you're both — find that logic is no match for madness among the delirious denizens of Wonderland.

- Friday, Feb. 7, 10 a.m.; \$3 at signup and \$16 cash day of performance



## Coffee Time at Westminster Thurber

Free coffee and donuts before the show

- Love Story Theme: Tuesday, Feb. 4, 9:30 a.m.; \$3
- Humor Theme: Tuesday, March 4, 9:30 a.m.; \$3
- Lunch OYO after the show at local restaurant.

## Nationwide Arena Tour

Have you heard the crowds cheer for the Columbus Blue Jackets? Have you seen your favorite band rock the rafters? Have you experienced the laughter at one of our fun family shows? If so, you have experienced the Midwest's premier sports and entertainment facility.

- Wednesday, Feb. 12, 9:30am; \$4, plus lunch OYO at Buca di Beppo

## Ohio Theatre Tour

The hour-long tour begins in the front lobby of the Ohio Theatre (39 E. State St.) and includes a look at the history and restoration of the official State Theatre of Ohio. The tour also includes an exhibition of the theatre's lighting and a demonstration of the original 1928 "Mighty Morton" theatre organ by featured organist Clark Wilson. This is a walking tour with several sets of stairs.

- Thursday, Feb. 20, 9:45 a.m.; \$4 at signup and \$6 cash the day of the tour, plus lunch OYO at local restaurant

Check with Front Desk  
for Registration  
Materials for all of our  
excursions.  
Pick 1, 2, 3 or more!

## Hollywood Casino

\$10 free play 1/2 price buffet  
Enter a world of the hottest gaming action featuring over 2,500 blockbuster slots, over 70 big-time table games, and 36 tables of live poker.

- Tuesdays, Feb. 18 and March 18, 9:30 a.m.; \$3, plus lunch OYO at Casino

## OSU Campus RPAC Facility

Tour the RPAC, named an Outstanding Sports Facility by the National Intramural-Recreational Sports Association (NIRSA), is centrally located and boasts more than half a million square feet of recreation, meeting, fitness, and aquatic space. There is a lot of walking on this tour.

- Thursday, March 6, 9:45 a.m.; \$4, plus lunch OYO





# EXCURSIONS

## **Dignified Diners: The Shops at Worthington Place**

We are going to the The Shops at Worthington Place Mall for lunch on your own at one of the restaurants in the mall; Amano's Pub, China Way, First Watch, Panera Bread, Pies & Pints, Piada, Cheryl's Cookies and Sugarbush Gourmet. Enjoy some shopping after lunch.

- Thursday, Feb. 13, 10:30 a.m.; \$3, plus lunch OYO

## **Girls Just Want To Have Fun: Morgan House and Baker's Village**

For healthy and thriving plants, custom-designed container planting, unique gift items, and beautiful silk flower arrangements, Columbus area residents count on Baker's Village Garden Center. For nearly 30 years Baker's Village Garden Center has served Columbus and Powell, Ohio and all of the surrounding cities, including Dublin, Arlington, Worthington, and Hilliard. Enjoy lunch at Morgan House and shopping the furniture accents, clothing, jewelry and gift shop. Whether it's the joy of giving or the thrill of receiving, a gift from the Morgan House is always in good taste. Light up the homes and hearts of the people you love. The Morgan House Gift Shop carries products from Radko, Vera Bradley, Ty Beanie Babies, Jim Shore, Park Imports and Byers Carolers. We also offer a large assortment of OSU Collectibles and seasonal gifts.

- Friday, Feb. 21, 10:30 a.m.; \$4, plus lunch OYO at Morgan House

## **Motts Military Museum**

Motts Military Museum was founded in 1987 by Warren E. Motts of Groveport, Ohio. The mission of Motts Military Museum is "To educate the public on the importance of America's military past through the documentation, collection, interpretation, and preservation of tangible artifacts and personal stories of the men and women who served and are serving in the United States Armed Forces."

- Thursday, March 20, 9:30 a.m.; \$5 at signup and \$4 cash day of the tour

## **CAPA: My Heart in a Suitcase**

Anne Lehmann and her family no longer feel safe in their Berlin home. Life in Germany is deteriorating quickly for the Lehmanns and all Jews in Germany so in order to protect their daughter, Mr. and Mrs. Lehmann may have to say goodbye to her forever. Now Anna must struggle to bring meaning out of despair, to cling to love and hope even in a world that seems to be filled with hatred and violence. As they show young people what happened in Germany and in other occupied nations prior to and during World War II - and how a heroine survived thanks to her own courage and the generosity of others. We are not stopping for lunch this day so please plan accordingly.

- Wednesday, March 19, 11:30 a.m.; \$4 at signup and \$6 cash the day of the performance

## **Dignified Diners: MCL**

MCL Restaurant and Bakery in Upper Arlington.

- Thursday, March 27, 10:45 a.m.; \$3, plus lunch OYO

## **Bicycle Museum of America Tour**

Visit the Bicycle Museum of America in historic downtown New Bremen, Ohio for a comprehensive guided tour of cycling history with over 300 bikes in the collection.

- Tuesday, March 25, 9 a.m.; \$7 at signup and \$2 cash day of tour, plus lunch OYO at La Piazza Italian Restaurant

## **LaComedia: Menopause The Musical**

The cast of four women shopping for lingerie at a Bloomingdale's sale sing 25 songs about chocolate cravings, hot flashes, loss of memory, nocturnal sweats and sexual predicaments. The lyrics parody popular music from the baby-boomer era, with notable numbers "Stayin' Awake" and "Puff, My God I'm Draggin'." Adult Content

- Thursday, April 10, 9 a.m.; \$49

# OVERNIGHT EXCURSIONS

## **The Splendour of Switzerland With visits to France, Italy and Germany**

Enjoy a 7-night stay in magical Lucerne, Switzerland, considered to be one of the most beautiful spots in Switzerland. Spend a leisurely week in one hotel!

- May 1-9; 9 days, 8 nights
- \$3,995 per person, double occupancy; \$4,795/single

## **Mackinac Island & Upper Peninsula, Michigan**

Breathtaking forests and floral vistas! Climb aboard a horse-drawn carriage on beautiful Mackinac Island and clippity-clop through breathtaking forests and floral vistas to view the sparkling water from the Arch Rock overlook. View the magnificent gardens from a rocking chair on the porch of the Grand Hotel. Taste your favorite flavor of fudge in one of the many shops that line the harbor area. Find treasures in Frankenmuth, Michigan's "Little Bavaria," the home of Bronner's Christmas Wonderland, the world's largest Christmas store. You'll find pleasure whatever you choose!

- June 19-23
- \$650/double occupancy; \$795/single

## **New England Nova Scotia and Canada Cruise**

Eight-night cruise on Royal Caribbean's "Grandeur of the Seas." Lighthouses aren't the only reason people found their way here. New England and eastern Canada have an unmistakable charm, rich history and natural beauty all their own. And there's no better time to visit than the fall... when the foliage is brilliant in every imaginable color, lighthouses dot the coastline and there's always an authentic lobster bake going on somewhere.

- Oct. 1-10; 10 days, 9 nights
- Starting at \$1,699 per person, double occupancy

# HEALTH & WELLNESS



## Bowling

Meet Bill Lobuzetta at Sawmill Lanes on Monday mornings at 9 a.m.

## Wellness Wednesday Lunch

Staying active, maintaining spiritual well-being and eating well are keys to living a longer, healthier life no matter how old you are. Nurture your mind, body and spirit through lunch and educational programs on the third Wednesday of the month.

- Wednesday, Feb. 19, 11:45 a.m.; \$4

## Chair Volleyball

Play this fun version of volleyball with a 20-inch beach ball, smaller court and lower net. Instructor: Linda Hoover.

- First and third Fridays, 10:15 a.m.; free

## Get Fit

This class is a complete full-body workout. Some exercises are done while seated and some while standing. All students work at their own pace. Free weights are used. Instructors: Tony Johnson and Maggie Schmidt.

- Tuesdays and Fridays, 9:15-10 a.m.; \$2 a class or an activity card

## Indoor Walking

Indoor walking is available in the gym.

- Monday-Friday, 8-9 a.m.

## Mt. Carmel Student Nurses

Watch for details on their upcoming visits.

## Strength Training

Fitness equipment, a treadmill, stationary bicycles, an elliptical machine and free weights are available at the Community Center during open hours.

- \$5 month

## Tai Chi

Come give Tai Chi a try! Tai Chi is gentle exercise that incorporates meditation and movement that increases your strength, flexibility, balance and overall level of fitness. Instructor: Jim Long.

- Wednesdays, 2 p.m.; \$2 or an activity card.

## Line Dancing

Line dancing is a great way to exercise and have fun! Special clothing is not needed but best not to wear athletic shoes. Instructor: Nancy Bryner.

- Tuesdays, 1:15 p.m.; \$2 or an activity card

## Choir

Looking to volunteer and enjoy singing? Then our Happiness Entertainers are for you! This lively group performs at area nursing homes, retirement communities and local events.

- Tuesdays, 10:30 a.m.; free

## Zumba

Ditch the workout and join the party! Zumba uses interval training combining fast and slow rhythms for an effective aerobic workout. It is basically watch and follow. Zumba is good for the body and great for the mind. The class is designed so all abilities are welcome to attend.

Instructor: Doreen Woodard.

- Mondays and Wednesday, 9:15-9:45 a.m., Sundays and Thursdays, 5:30-6:15 p.m.; \$3 drop-in fee



**Real People.  
Real Possibilities.**





# HILLIARD PARK CAFE

614-876-0747

Please make a reservation by 4 p.m. the preceding day. Meal tickets are available in the Senior Center office as an alternative to paying the \$4 meal charge each day. A meal ticket may be purchased for six (6) meals for \$23 or 12 meals for \$46 with cash, check, VISA, Discover or MasterCard. Meals are served at noon.

The cost is \$4. Happiness Club is \$5 and special event lunches may be more

## FEBRUARY 2014

Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Uncle Dunkoff's Pork Over Noodles Green Beans Peach Pie	Chicken Salad Croissants Chips Fruit Cup Peanut Butter Ice Cream Pie	Stuffed Peppers Mashed Potatoes California Blend Vegetables Cherry Cheesecake	
<b>11</b>	<b>12</b>	<b>13</b>	
Cheddar Chicken Scalloped Potatoes Lima Beans Chocolate Pudding	Open Face Roast Beef Mashed Potatoes Glazed Carrots Apple Crisp	Potato Soup Ham Sandwich Pickle Tossed Salad Dump Cake	<b>Happiness Club</b> Meat Loaf Buttered Potatoes Broccoli Tossed Salad Dessert Call Joy to Register 614-876-6694
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>President's Day Lunch</b> Baked Ham Sweet Potatoes Broccoli Salad Cherry Pie	<b>Wellness Wednesday</b> Tomato Basil Soup Grilled Cheese Tossed Salad Strawberry Pretzel Dessert	Liver & Onions Mashed Potatoes Mixed Vegetables Ice Cream	<b>Carriage Court</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Spaghetti w/ Meat Sauce Garlic Bread Tossed Salad Sherbet/ Cookie	Pork Chops Baked Beans Parsley Potatoes Apple Sauce Pig Lickin' Cake	Salisbury Steak Mashed Potatoes Corn Caramel Pears w/ Ice Cream	<b>Prayer Luncheon</b> Beef Tips over Noodles Mashed Potatoes California Blend Veggies Cherry Poke Cake



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MARCH 2014			
Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Salmon Patties Parsley Potatoes Cream Peas Key Lime Pie	Sloppy Joes Slaw Chips Pickle Brownies	Chicken Parmesan w/ Spaghetti Tossed Salad Garlic Bread Pineapple Sheet Cake	
<b>11</b>	<b>12</b>	<b>13</b>	
Chili Baked Potato Corn Bread Apple Sauce Vanilla Pudding	Pork Chops Stuffing Green Beans Pineapple Upside Down Cake	Chef Salad Fruit Cup Muffin Cookie/ Sherbet	<b>Happiness Club</b> Spaghetti w/ Sauce Meatballs Tossed Salad Garlic Bread Dessert Call Joy to Register 614-876-6694
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Vegetable Beef Soup Grilled Cheese Pickle Cookie/ Ice Cream	<b>St. Patrick's Lunch</b> Corned Beef Cabbage Potatoes Carrots Lime Jell-O Green Cake	City Chicken Cheesy Potatoes Broccoli Apple Dumplings	<b>Carriage Court</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Parmesan Chicken Wild Rice California Blend Vegetables Cherry Crisp	Liver & Onions Mashed Potatoes Succotash Chocolate Pudding	Beef Franks Baked Beans Cole Slaw Ice Cream Sundae	<b>Prayer Luncheon</b> Baked Fish Parsley Potatoes Peas & Carrots Lemon Dessert

# SENIOR CENTER DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Bowling at Sawmill Lanes</li> <li>• Cribbage</li> </ul> <p><b>9:15 a.m.:</b> Zumba</p> <p><b>10:30 a.m.:</b> Bible Study</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9:15 a.m.:</b> Get Fit Exercise Class</p> <p><b>10 a.m.:</b> Beginner Bridge</p> <p><b>10:30 a.m.:</b> Choir</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9:15 a.m.:</b> Zumba</p> <p><b>9:30 a.m.:</b> Corn Hole; Refresher Bridge</p> <p><b>10 a.m.:</b> Craft Club</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>10 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Beginner Bridge</li> <li>• Wii Bowling</li> <li>• Po-Ke-No (fourth)</li> </ul>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9:15 a.m.:</b> Get Fit Exercise Class</p> <p><b>9:30 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Open Studio</li> <li>• Alzheimer's Support Group (third)</li> </ul> <p><b>10:15 a.m.:</b> Chair Volleyball (first and third)</p> <p><b>11 a.m.:</b> Local Shopping (first and third)</p>
<b>Lunch</b>		Noon	Noon	Noon	<ul style="list-style-type: none"> <li>• Happiness Club (second)</li> <li>• Carriage Court Dine &amp; Discover (third)</li> <li>• Prayer Luncheon (fourth)</li> </ul>
<b>Afternoon</b>	<p><b>12:30 p.m.:</b></p> <ul style="list-style-type: none"> <li>• Duplicate Bridge</li> <li>• Pinochle</li> </ul>	<b>1:15 p.m.:</b> Line Dancing	<p><b>1 p.m.:</b> Euchre</p> <p><b>2 p.m.:</b> Tai Chi</p>	<p><b>1 p.m.:</b></p> <ul style="list-style-type: none"> <li>• Bridge</li> <li>• Pinochle</li> <li>• Bingo</li> </ul> <p><b>5:30 p.m.:</b> Game Night (first and third) and Zumba</p>	<b>1:30 p.m.:</b> Friday Flick (second and last)





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# PLAY!

VOLUME 35, NO. 1  
FEBRUARY - MARCH 2014

**Real People. Real Possibilities.**

## Center Closings

The center is closed on  
Monday, Feb. 17.

# Extra! Extra! Read All About It!!

**Real People. Real Possibilities.**

## Hilliard Senior

### Citizen Hall of Fame Nominations Needed

The Hilliard Senior Citizen Hall of Fame Committee selects one or two honorees each year (one living and one posthumous) for a lifetime of service and achievement as well as how they represent a positive image of aging. Nominees should exemplify how older persons continue to contribute to their community and respond creatively to retirement. Nominations for this honor may be made by completing and returning a nomination form, available at the Senior Center, before July 1. Nominees must be 65 years of age or older and must live within the Hilliard School District (exceptions apply). Additional eligibility criteria and information may be found on the nomination form.

